



# COGNITIVE BEHAVIORAL THERAPY (CBT)

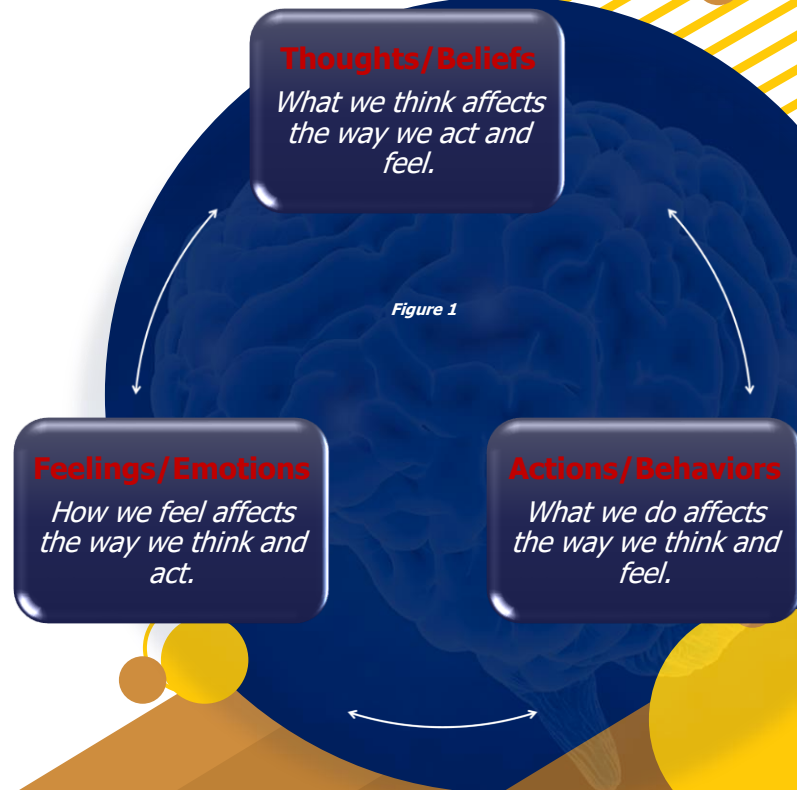
## WHAT IS CBT?

Cognitive Behavioral Therapy (CBT) is a type of psychotherapy used in mental/behavioral health treatment. The foundation of CBT is the connection between **thoughts/beliefs**, **feelings/emotions**, **actions/behaviors**, (see Figure 1). Originally theorized and developed by Aaron T. Beck in the 1960s, it is an evidenced based treatment that is highly effective in treating several mental/behavioral health concerns and diagnoses. See some of those listed below. While CBT is structured and prescriptive in nature, the flexibility in its application allows for patients to obtain needed tools and skills that will effectively address their unique mental/behavioral health needs.

- Major Depressive Disorder
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Separation Anxiety Disorder
- Posttraumatic Stress Disorder
- Bipolar Disorder

## WHAT IS PSYCHOTHERAPY?

Psychotherapy is conducted by qualified licensed psychotherapists with specialized education and experience in understanding human behavior and psychological difficulty. It is a type of treatment targeting improvement in emotional and behavioral health. Goals often include relief from emotional distress, increase in balanced thinking, and sustained healthy changes in behavior. It is always focused on the patient and their goals related to symptom relief, problem solutions, and healthy lifestyle changes.





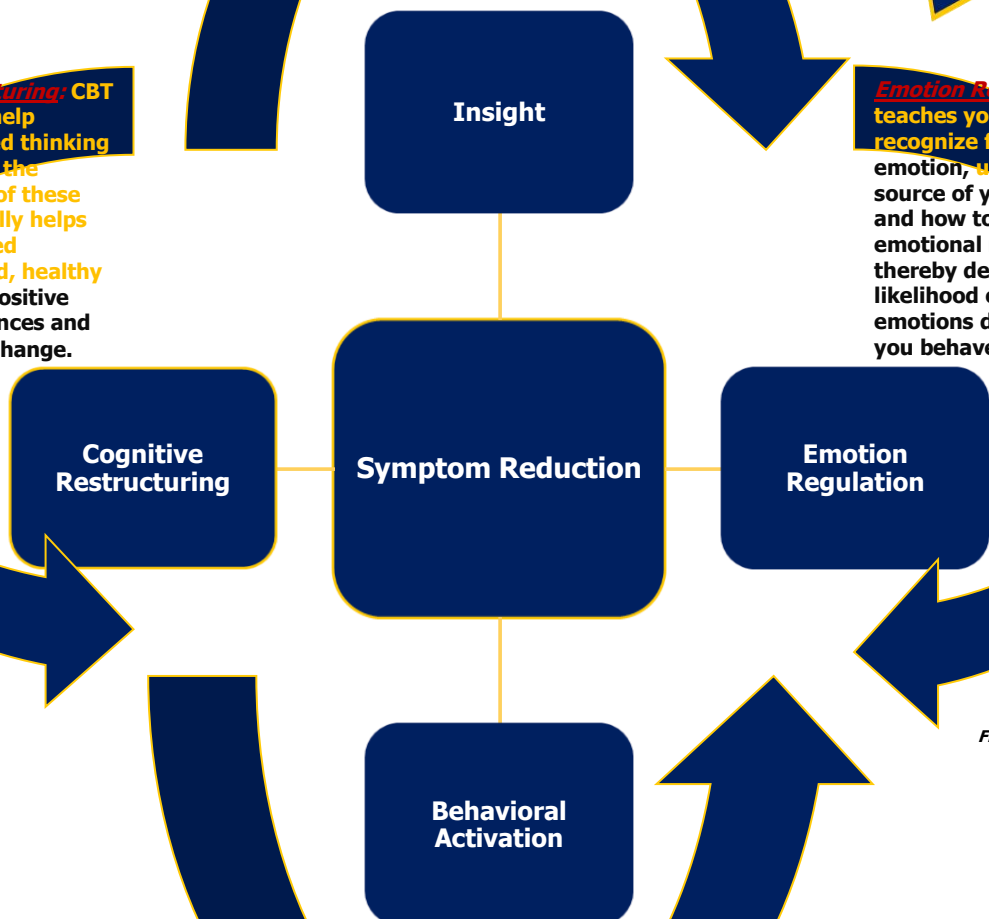
# HOW CAN CBT HELP?

When managing mental and behavioral health conditions we can often experience unbalanced **thinking** (e.g. overly negative), overwhelming negative **emotion** (e.g. feeling sad most of the time) and participate in unhealthy and harmful **behaviors**. CBT teaches you how to tackle thought balancing, increase healthy responses to emotion, and make longstanding behavior changes. See how below:

**Insight Building:** Through Socratic Questioning, CBT teaches you how to readily recognize unhealthy thought, emotional, and behavioral patterns, leading to increased self-awareness and knowledge needed to begin an action plan. Insight is the first step to making behavior change.

**Cognitive Restructuring:** CBT provides skills to help identify unbalanced thinking patterns, examine the likelihood/reality of these thoughts, and finally helps to develop balanced thoughts. Balanced, healthy thoughts lead to positive emotional experiences and healthy behavior change.

**Emotion Regulation:** CBT teaches you how to recognize feelings and emotion, understand the source of your feelings, and how to have healthy emotional responses, thereby decreasing the likelihood of negative emotions dictating how you behave.



**Behavioral Activation:** CBT provides you with the problem-solving skills and tools needed to increase activity, including enjoyable activities. Increased activity renders a sense of accomplishment and increases the likely that you will experience joy/happiness when engaged in activity. BA empowers you to make continued changes in your behavior.

Figure 2